

# Managing long term conditions in the ageing population

Dr Robert Stewart



# Integrated Care in treatment of people with LTC

- ◆ **Citizen** at the centre
- ◆ **All providers** must communicate real time
- ◆ **Today** use modern technology revolution
- ◆ **Agreed care plan** Patients / carers should know the plan
- ◆ **Integrated care** should be seamless – no gaps or duplications
- ◆ **Health and social care** working together with the person
- ◆ **Move** from a medical model to a supported self care model

# Helping people to manage LTC

- ◆ **Technology** there to support not to replace care
- ◆ **Join up** providers not competition
- ◆ **Care**, understanding and advice
- ◆ **Shared care plans** – agreed blueprint for all providers to follow
- ◆ **Apps**, Utube, expert patients and carers
- ◆ **Independence** not slaves to multiple medical processes
- ◆ **Co-ordinate care 24/7** Who is accountable? Francis? GP?

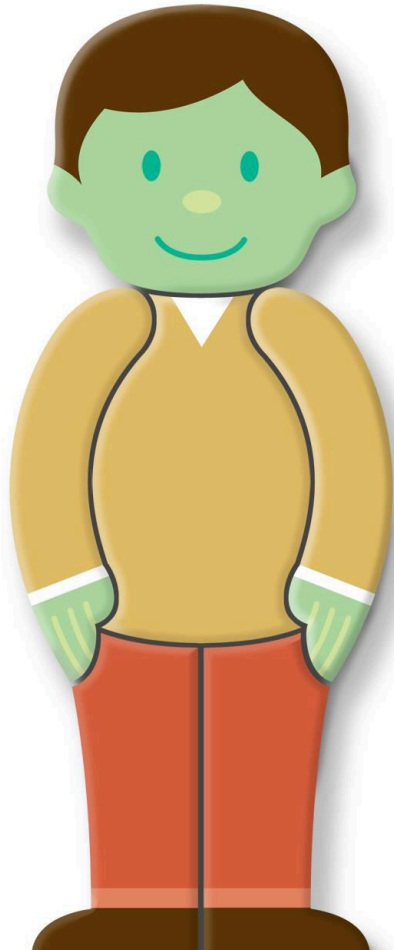
# Collaborative approach between CCGs and Local Authorities

- ◆ **CCGs responsible for 80%** of commissioning
- ◆ **LAs responsible for** Health and Well Being boards
- ◆ **Opportunity** for CCGs and LA to ensure best results for the population – good agreements across Kent and Medway
- ◆ **Primary care must link with social care** to provide the 24/7 response to reduce need for crisis admission & improve lives
- ◆ **Shift investment** towards improved community services – empowering patients to have high quality care at home
- ◆ **Acute Hospitals** to focus on high quality specialist and acute care – hotter and smaller

# Innovations in telehealth/care to manage LTC – no cure

- 🟡 **Citizen at the centre** – major provider of care and monitoring
- 🟡 **Clinicians** must access care plan / telehealth especially in crises
- 🟡 **Virtual ward** – hospice now but why does the patient need to travel to specialist, GP or pharmacy, televideoconference, apps,
- 🟡 **Challenge** consultation sacred cow – diagnoses made by investigation
- 🟡 **Free the citizen** from the shackles of the medical world – make them less dependent on doctors and outpatient appointments
- 🟡 **Give the patient control** of the information – Patients Know Best
- 🟡 **No information about me** without me knowing about it!

# Whole person

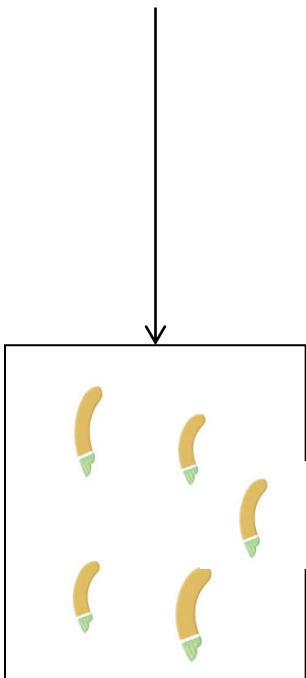


# Medical view Dismembered patient

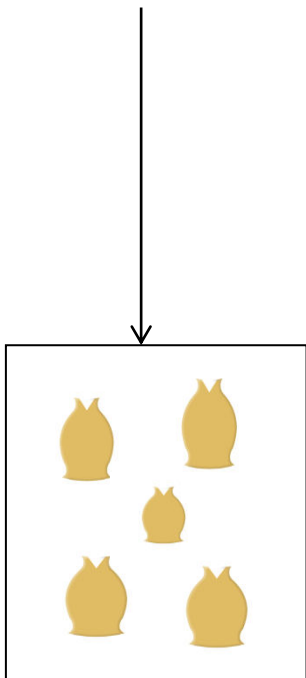


# Patient – where am I and where do I go – who cares for me?

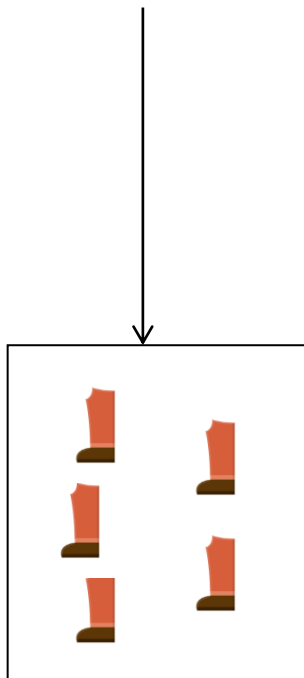
**Team A**



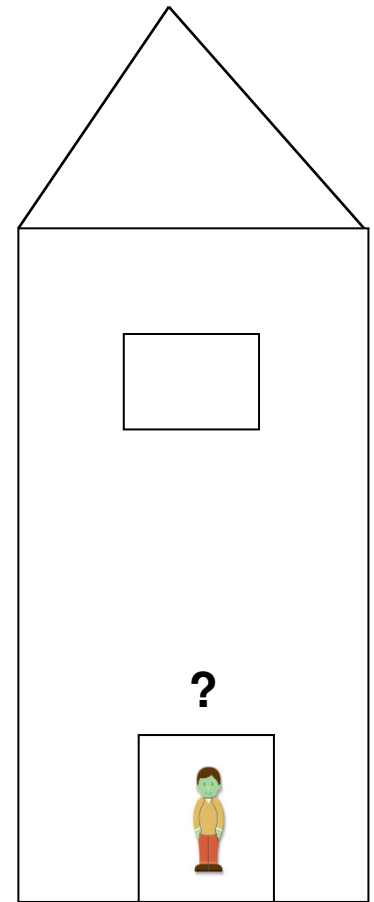
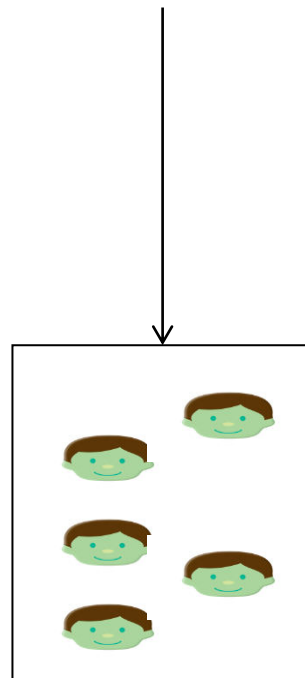
**Team B**



**Team C**



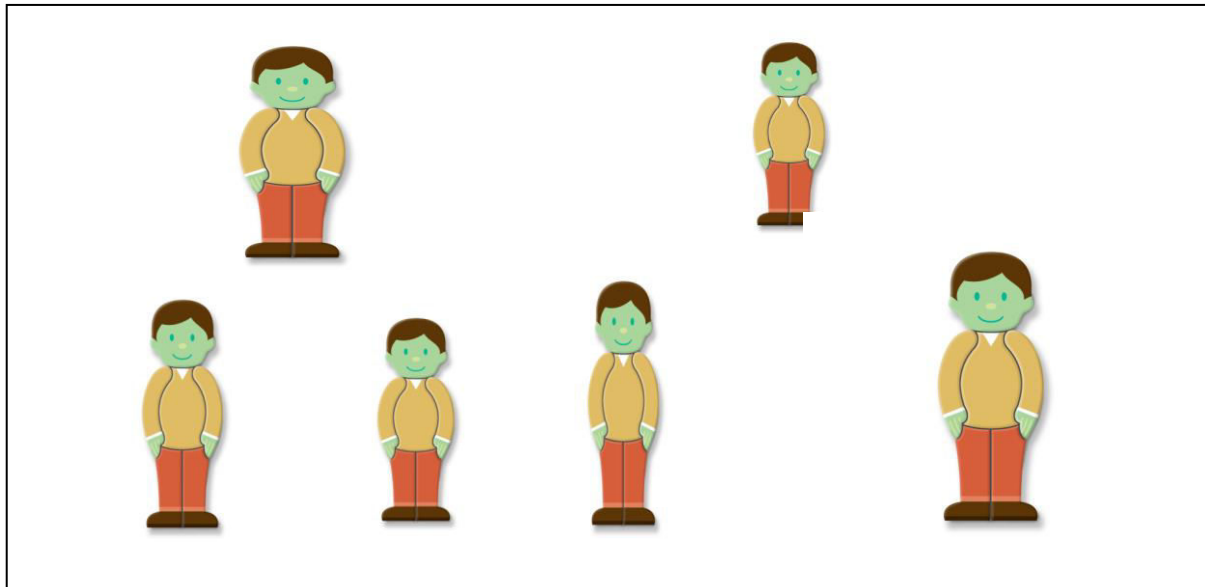
**Team D**





# Citizen at the centre – we care and patient and carer knows!

**Integrated Neighbourhood Care Team with specialist input, advice and care when needed**



# Integrated services are key to the Ageing Population Thank you!

💧 Dr Robert Stewart

💧 [Robert.stewart@nhs.net](mailto:Robert.stewart@nhs.net)